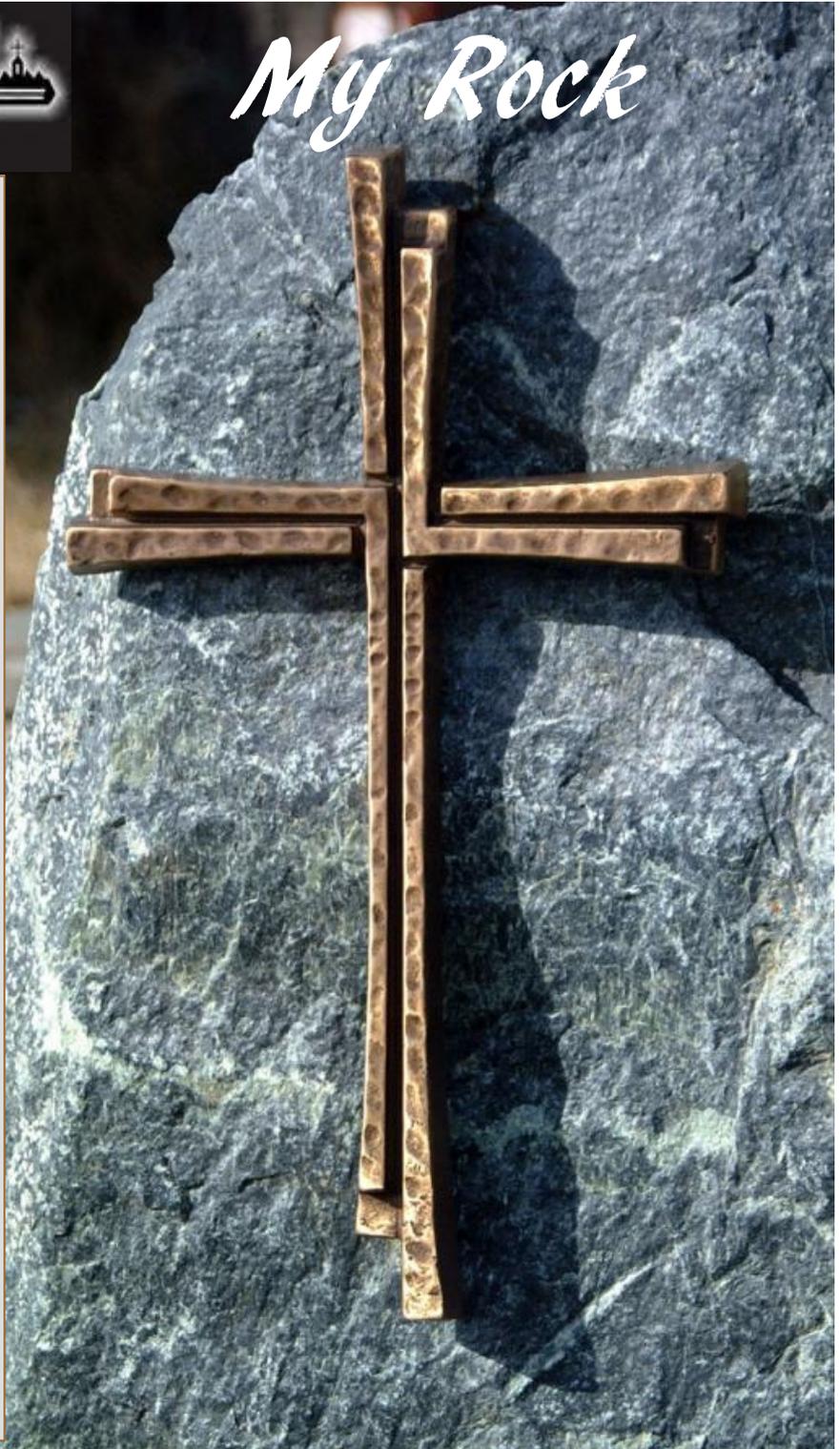




My Rock

Aim: To consider who are the rocks in our lives and how they help us.

Outcomes: Participants will be able to see that Jesus can be our Rock to hold onto at all times.



**Icebreaker:
Rock, paper, scissors.**

I showed them an article in that day's paper listing their own Estate as the most deprived in the area and high on the list nationally too. One participant had already seen it online and it provoked some interesting conversations.

Unlocking life experience:

Rock buns (makes 16):

You will need: 225g Self raising flour, pinch of salt, 100g margarine, 75g dried fruit, 25g mixed peel, 50g caster sugar, 1 medium egg, milk to mix (group thought they needed more sugar).

- ◆ **Heat oven to 200c, 400f, gas mark 6. Grease 2 baking trays.**
- ◆ **Mix the flour and salt, rub in the margarine.**
- ◆ **Stir in the dried fruit, mixed peel and sugar.**
- ◆ **Mix to a stiff dough with egg and milk.**
- ◆ **Place in rough heaps on the baking tray and bake for 10-15 minutes**

Eve Forrest; Creative Commons.

Discussion questions:

If possible ask questions while mixing the rock buns otherwise while the buns cook and we have a brew!

- ◆ **Who is a rock in your life? (Brainstorm on frieze paper)**
- ◆ **How do they help you?**
- ◆ **Are you a rock for somebody else?**



One of the helpers wrote on the frieze the answers to the questions while everyone was baking. Rocks in their life were family, friends, kids and yourself. However, one person said the Unlock Group was a rock for them! They helped by listening and caring. They felt they were a rock for their kids and friends and by supporting people.

Revealing Good News of the Down to Earth Christ:

Tell the story either using one or both of the videos
<https://www.youtube.com/watch?v=R1-7X2nX6D4>
<https://www.youtube.com/watch?v=a8p56i3S2SM>

Or the text below

Matthew 7:24-27 Good News Translation (GNT)

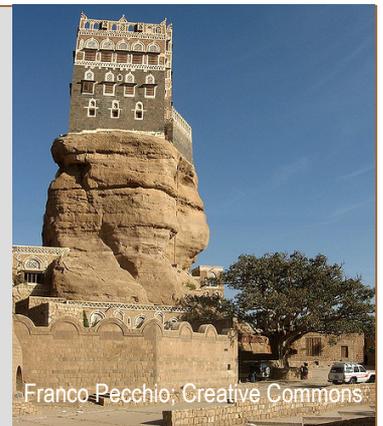
The Two House Builders

Jesus said:

²⁴ "So then, anyone who hears these words of Mine and obeys them is like a wise man who built his house on rock.

²⁵ The rain poured down, the rivers flooded over, and the wind blew hard against that house. But it did not fall, because it was built on rock.

²⁶ "But anyone who hears these words of Mine and does not obey them is like a foolish man who built his house on sand. ²⁷ The rain poured down, the rivers flooded over, the wind blew hard against that house, and it fell. And what a terrible fall that was!"

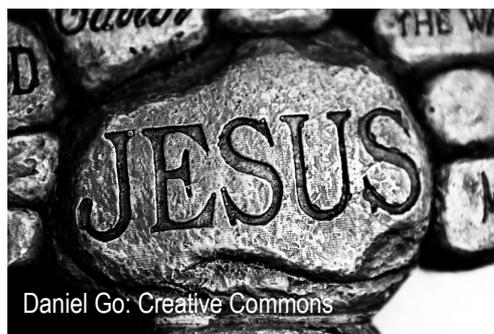


Releasing Life Changing Skills and Confidence:

Questions for discussion:

- ◆ Can you see connections between our stories and the Bible story?
- ◆ What is Jesus trying to teach us?
- ◆ Could Jesus be your Rock?

None of the group remembered hearing the story before! One lady thought that Jesus was saying we had to build our own rock for ourselves and the group struggled to understand the story. However, one of the helpers who was recently bereaved shared how her husband was a rock for her but she also had Jesus so when her husband died although she still gets upset, she knows that Jesus is always there helping her and she doesn't know how she would have coped without Him.



Continuing Reflective Cycles:

Does our story today help you think about how Jesus can be your Rock no matter what happens? How will you respond?

Our conversations went back to the article at the start and they felt that the community works well together on their estate and that the article may help bring more money into the area.

Outline Developed by Alison Adlum:
Unlock Burnley

